A Journal Devoted to Healthful Living

HEALTH

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Edited by Dr. U. Rama Rau & U Krishna Rau M.B.B.S

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Editorial

Our New Year Greetings

1938 is gone and 1939 has come Our "Health" has entered on its seventeenth year of existence on the 1st of January '39, and it is really a piece of good fortune that a health journal in India, where ignorance and superstition still reign supreme and where people yet cling to their old traditions and are too conservative to adopt scientific methods of living and where communal hygiene as distinguished from individual or personal hygiene, which by the way, is being scrupulously observed, has not made any headway yet, should have survied the stages of infancy and childhood and reached the stage of adolescence. This is not a little due to the solid support "Health" had during all these years from its readers and the interest evinced by them in matters relating to Health and Hygiene. We take this opportunity of thanking one and all concerned for the success of the journal and for the stimulus afforded for the continuance of this service, which, above all things, we prize most.

By way of restrospect, we may mention that during last year, we added 4 more pages of reading matter, thus bringing the total number of pages of reading material to 24. We had kept our readers abreast of the times through our Editorials by bringing to their notice, then and there, all the health reforms introduced by the Congress Ministry in Madras last year, including the Public Health Bill, which comes on the summit of these reforms. Our 'Health Tit-Bits' contain not only health slogans expressed in pithy sentences, easy to read and digest, but also recent

discoveries in the Science of Health. Our original articles were from the pen of expert Medical-men who have combined in them a wide knowledge of Health and Hygiene.

The prospect of 'Health' in the future, we take it, is not gloomy. We know our readers who stood by us through thick and thin during the past 16 years would not forsake us, in their own interest, in the years to come. We have had occasion to go through some of the opinions, solicited and unsolicited, on our journal, which have given us nothing but praise, hope and encouragement. It is our sincere desire to see that this good-will is maintained right through at all costs.

We offer the Season's Greetings to all our subscribers, contributors and advertisers and wish them a happy, healthy and prosperous NEW YEAR.

Pregnant Mother and Husband

By Dr. L. R. Fernandez, Trichinopoly.

According to the recent statistics available, the maternal mortality in India has been computed to be 100,000 per annum. To those, who have the welfare of India at heart such a big figure is really appalling. In order to minimise the deaths of pregnant women and to enable them to lead a healthier life than hitherto, I am giving below a few suggestions to which, I hope, the husbands, parents and mothers-in-law of pregnant women, both in urban as well as rural areas, will pay attention. Because, I am a believer in the fact that many deaths could have been prevented, if the relatives and those in charge of expectant mothers had taken sufficient precaution during the important nine months preceding delivery.

First of all, bear in mind that pregnancy is not a disease, but a normal physiological condition of the fair sex. It becomes pathological the moment the laws of health are violated. During pregnancy, special attention should be paid to the oral cavity and specially the teeth, as most of the diseases like pyorrhœa and caries are caused as a neglect of the teeth and surrounding gums. Pyorrhœa and caries in turn bring about several diseases like gastritis, indigestion, rheumatism etc. The teeth should be brushed, at least, once a day, with some good and non-gritty dentifrice. Next comes the care of the bowels in a pregnant mother. Those who neglect the daily evacuation of bowels, very often suffer from chronic constipation, which in turn, produces headache, loss of appetite, profuse and obstinate vomiting etc. If you find that the bowels are costive, don't right away administer her any purgative, which may induce abortion. Let her daily take plenty of fruits, like bananas, plantains, oranges, grapes, mangoes, prunes and a good deal of vegetables, which contain plenty of roughage, like cabbages, spinach and such greens, because, the residue acts as a mechanical sweeper

in the intestinal folds. In spite of these, if the bowels are still obstinate, give her a teaspoonful of effervescent salt in a tumbler of cold water at bed time. This will help to move the bowels gently, early in the morning. Very often, a cup of cow's milk before retiring to bed acts as a mild laxative.

Free elimination of urine is of very great importance. She should be questioned whether her urine is free or she has frequent micturition. When she has frequency of micturition, she may complain that she has to pass urine very often. But that does not mean that she passes enough quantity of urine in 24 hours daily. Make it a point to send the urine for testing to a qualified doctor, as its examination is of paramount importance to the pregnant woman from the fifth month. Presence of albumin in the urine is the indication that the kidneys are not able to throw out all the poison of the body. By getting the urine examined, many women's lives can be saved from fatal eclamptic fits which are likely to occur owing to accumulated poisons, in the 7th, 8th or 9th month. In this way, fœtal deaths also can be reduced.

See that rest and undisturbed, perfect sleep are ensured at night. Worry and anxiety in a pregnant mother should be avoided as much as possible and regular healthful sleep should be encouraged. The minimum required is seven hours' sleep. But, she should try and sleep for more hours than this, as after delivery many a night might be disturbed by attending to the various needs of the new-comer. During sultry nights, if she finds it difficult to sleep, let her take a brisk walk in the garden and wash her body with luke-warm water. In cases, where want of sleep is noted for a number of days—mind you, don't give her any sleeping draught—a change of place and surroundings will do her more good than all the chemists' drugs. If you send her to her mother's house, the change will act like a talisman upon her nerves. Don't wait till the conventional 7th or 9th month to send her. Use your prudence in her interest and discard all grand-mother's protestations to send her early.

During pregnancy, ordinary household work like cooking and management of the house is not at all detrimental but, quite desirable, because, it gives healthy occupation to her mind. It is very often, the unoccupied woman that makes more fuss and frets about the impending delivery and tortures herself about the *pains and horrors of confinement.* House-hold work, which comprises in carrying heavy weights must not be indulged in after the expiry of the 5th month. Slipping the foot and the resultant fall is a common accident, while cleansing vessels. This should be guarded against, as this accident frequently results in precipitate labour.

Care of the nipples must be emphasized particularly during the first pregnancy. The mother must be taught to gently pull the nipples with her fingers. Or her husband can do it with great considerateness. During the 8th and 9th months, the nipples should be bathed once a day with 5% Boric lotion or equal parts of Eau de Cologne and cold water. In this way nipples get hardened, and lacerations are prevented when the child is put to the breast on the third day. In the latter months of pregnancy when the

breasts are full and enlarged, some women are prone to conceal them by bodices, which compress the breasts towards the chest wall. This is an injurious practice; in order that the women may regain their normal beautiful figures, they must wear the bodices in such a way that it may support the breast in an upward direction without unduly compressing it. Be careful that no harmful pressure is brought upon the mammary glands which secrete milk.

A word about sexual intercourse may be of use to the pregnant mother and her husband. There are two schools of thought on this matter. The one condemns coitus from the fourth month of conception, and the other allows it till the end of the 7th month. For those who have experienced abortions or miscarriages in the previous terms of pregnancy, it is always safe and advisable to avoid intercourse from the fourth month onwards. Otherwise, sexual coitus can be indulged in till the beginning of the eighth month. Some of our ancient physicians condemn it from the day the woman conceives. I think, this is rather too hard.

Finally, as the expectant mother requires your sympathy and consideration at all moments, see that it is not denied to her. Keep her always jovial and cheerful. Make her read, or yourself read to her humorous works and books that will ever help to foster a sunny and optimistic view of life. In this way, you can surely enable her to have an easy and healthy delivery.

A Medicine for Selfishness and Meanness

Prescribed by M. Arunachalam.

℞	Unselfishness	...	3	(drachms).
	Tincture of Good Cheer	...	1	(ounce).
	Essence of Heart's Ease	...	3	(drachms).
	Oil of Charity	...	2	,,
	Commonsense	...	1	(ounce).
	Tact	...	1	,,
	Spirit of Love	...	3	,,

Instruction :—The mixture is to be taken whenever there is the slightest symptom of selfishness, exclusiveness and meanness.

OUR BATH

BY DR. B. M. KOTHARY, M.B., B.S.,
JODHPUR.

OUR daily bath is such a regular routine with us—a sort of conditional reflex—that one hardly ever thinks about it consciously or deliberately. Indeed, how many of us have ever questioned the desirability or otherwise of the daily tug at the soap. And yet, it is a matter of great importance that our skin should be carefully attended to in order that it may function efficiently and properly. With some of us, daily bath is a religious binding, with others, it is a question of fastidiousness, while still others regard it as a matter of hygiene, personal cleanliness and individual necessity and get-up.

It might indeed shock the fastidious to learn that daily bath is after all not essential to health and that injudicious use of medicated soaps, strong bactericidal preparations,scented powders and much-advertised cosmetics can be dangerous too. Bath, therefore, should be considered a subject of individual problem to be decided with due deference to climate, seasons, texture of skin, occupation, individual susceptibilities and desired effects.

Bath is a matter of necessity more in the tropics than in cooler regions. In summer, when the perspiration is profuse and abundant,one can hardly do without it, while in winter it is indeed a torture at times. Then again, certain occupations make it imperative to bathe after a day's hard toil—in mills and other unclean employments. For a man engaged in a workshop, it is essential to bathe and attend to his toilet and dress—to be oneself again for that matter—before he can be persuaded to do anything. And it is of course understandable that delicate skin and weak health can hardly stand frequent washings and rubbings. But, a repeated bath in a hot summer day is indeed a desirable luxury.

Baths can be grouped under the following headings with regard to their desired effect.

1. Cleansing bath.
2. Stimulating bath.
3. Sedative bath.
4. Temperature bath.

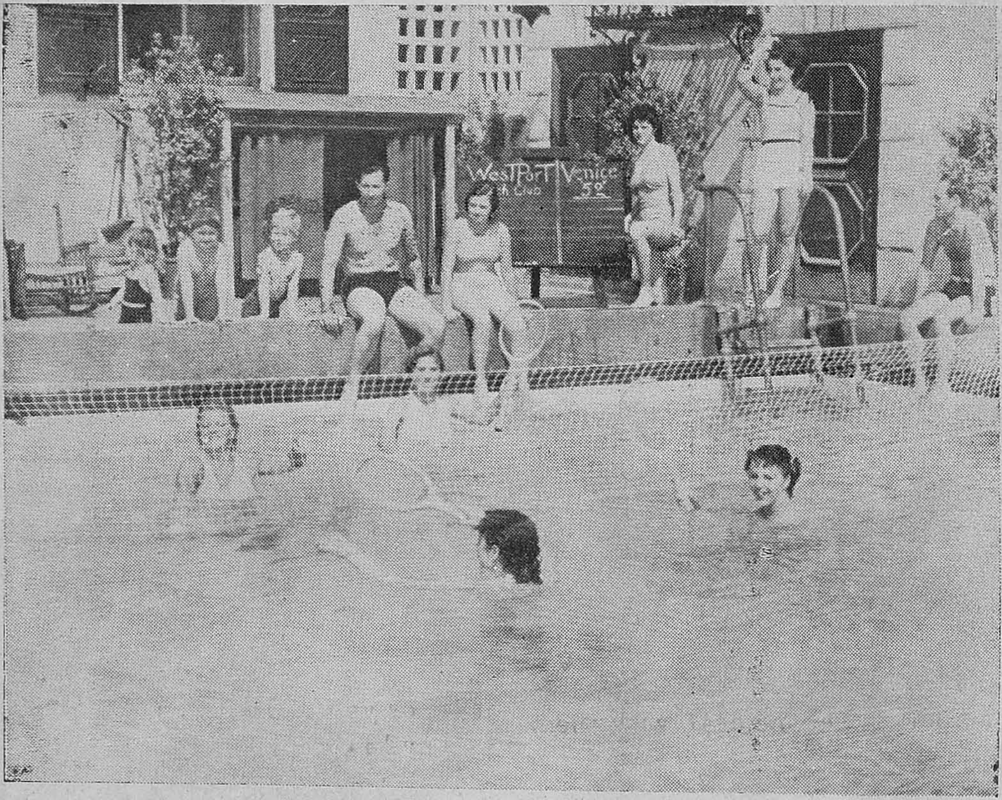
1. *Cleansing bath* is meant to remove all accumulated dirt, dried cells and scales and to free the body of depressing odours. A good lather with a proper class of soap, thorough scrubbing and spraying constitute a good bath. Temperature of water depends upon the time of the bath—warm after the evening and cold during the morning. Such a thorough cleansing bath must always be followed by a good rubbing with a rough towel till the body begins to glow. Thorough drying of those parts where offensive odours of perspiration are most marked is absolutely essential. Such an ideal bath is enjoyed only off and on and not when practised daily.

2. *Stimulating bath* is intended to stimulate the circulation and secure a tonic effect. A cold spray or plunge into a bath-tub, sea or swimming pool secures the desired effect,provided the

body is efficiently and scientifically massaged later on. This invigorates you and gives you the feeling of activity—to be up and doing—but if it chills you, it is harmful and must be discontinued.

3. *Sedative bath*—as its name suggests–secures a soothing and quieting effect. For highly strung nervous individuals, a thorough relaxation in the bath tub works wonders. A man uncomfortable due to intense pruritus and irritation benefits by an alkaline or scented bath and adds to your exhilarated feelings through an æsthetic or psychic effect.

4. *Temperature baths* are sometimes recommended to raise or lower the body temperature. When one has been exposed to severe cold and feels chilly and a creepy sensation running over the body or if there is lameness and stiffness of muscles due to strenuous work and exercise, a hot bath can be depended upon to restore you; while a tepid or cold bath given properly without any risk of exposure brings down the temperature in fevers. But, it must be clearly understood that a daily hot bath is not health-giving, because it upsets the heat-regulating mechanism of the body, makes one susceptible to cold, lowers the body resistance and produces weakness and irritation.



Swimming stimulates the system and 'gives you the feeling of activity—to be up and doing'—
In the above picture we see Ladies playing tennis in a Swimming Pool. —U. N. R. from Globe.

Lastly, the use of talc powders for dusting the body after a bath should be warmly recommended. It prevents chapping of the skin, checks the offensive perspiration and eliminates irritation, which usually presents itself between the folds of the skin, toes and other flexures—when not properly attended to. Scented powders, bath salts and much advertised lotions only add to the luxury and produce a stimulating or aristocratic feeling due to the delicate odour and fragrance.

HYGIENE*

By
Dr. D. R. Chaudhuri,
Medical Officer,
Forest School, Balaghat, C. P.

Gentlemen,

To day and in my subsequent lectures,I would like to tell you the broad principles of Hygiene which could be useful to you in particular, after you pass out from this school to be employed in the Forest Department. As far as possible, I shall avoid all technicalities, giving you only an idea of a few subjects in pure and simple words. To begin with, you should know what Hygiene is. Hygiene is a branch of medical science which deals with the prevention of diseases and maintenance of one's health.

Now, to come to our subject proper, I shall take up Water, Food and Milk first, which we drink or eat daily. For the maintenance of our health we daily need food and water. To these we include milk as well, as it, in many cases, forms an important part of our food. Let me deal with them one by one.

Water.—I believe you know the various sources of water *viz.*, wells, tanks, rivers, springs, etc. As regards its uses there are very many, but I shall confine myself to its only use *viz.* drinking purposes. With the increase of education and advancement of civilization everyone now realizes that the best source of water supply for drinking purposes is a good well. And with the growing interest which the State, Municipalities and the Local Bodies take in public health, I am glad wells are now being provided everywhere, even in villages where they can possibly have them.

Though there are wells everywhere I doubt very much whether they are all reliable wells from the sanitary and hygienic point of view. I would therefore tell you which well could be called a good one so that you could judge for yourself whether one can safely use the water from a particular well for drinking purposes. Moreover you, both in your official and private capacities, may be required to sink a well in some of your forest, village or in your own basti and as such it is so very necessary for you to know what is a good well and how to construct it. To get a real well you should proceed as follows:

1. (*a*) Select a site for the well in some best soil.

(*b*) See that there is no sewage farm, trenching ground or drains within a distance of about 250 feet from the well.

2. Once you have selected the site you start with the actual work of sinking the well.

(*a*) If your site for the well happens to be in some sandy place

* A Lecture delivered to the students of the Forest School, Balaghat, C. P. and sent to 'Health' for publication.

you will get water within a few feet's depth only. This is surface water from the porous layer which is full of impurities and as such it is no good for drinking purposes. So you now go deeper and come to impervious layer. Its very name suggests that you won't get any water at this level. So you go further deep when you come to water-bearing layer. It is at this level that you get reliable water which you can safely use for your drinking purposes. Now, once you are convinced that the well with the particular depth could very well meet your demands for water even in summers, you stop digging further.

(*b*) Next, you provide a pucca wall of solid bricks in lime to the well up to some 2½ ft. above the ground level.

(*c*) The pucca wall should be lined with cement, say about 1 inch thick.

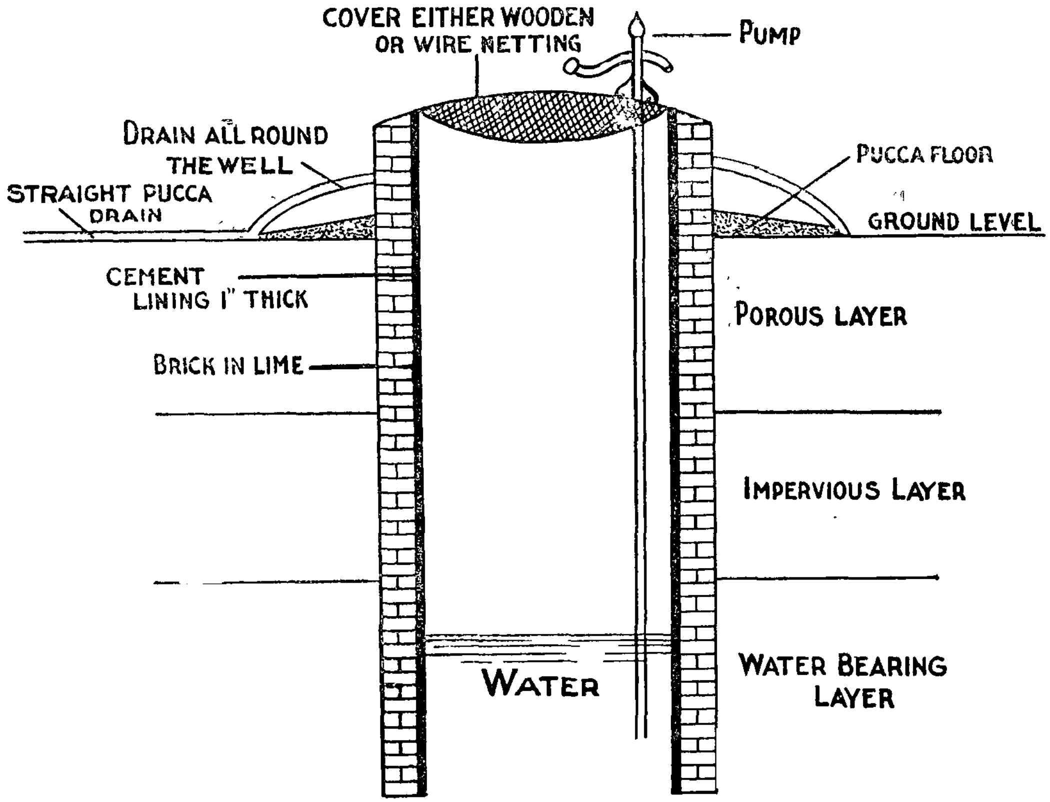
(*d*) The top should have a cover either wooden or of wire netting so as not to allow the leaves, etc., in to pollute the water.

(*e*) Some six feet area round about the well should have a pucca sloping floor with a drain all round, leading to another straight pucca drain which takes the waste water to some distance from the well.

(*f*) A pump or special bucket may be provided for the well. No other vessel should be allowed to draw the water.

To illustrate it, an ideal well will be something like the above.

Management of the wells:—After you construct your well on the lines



AN IDEAL WELL.

mentioned above, you are to see very often that its supply of water is pure all the year round. For this you should get your well cleared periodically, say, once in a year before the rains set in. To clear the well you are to remove all the rubbish from the walls and the bottom of the well. The bottom may then be covered with a bag of quick-lime which purifies the water. You should also put in some Potassium Permanganate every fortnight or so which kills bacteria contained in water. You are to do this oftener than you usually do during epidemics of Cholera, Typhoid, Dysentery and Diarrhœa. I shall give you an idea of these diseases and their prevention in my subsequent lectures.

This is all which you ought to know about the well. This type of well you could call an ideal well from the sanitary point of view. You can very safely use water from such wells for your drinking purposes.

4. I know very well that so long you serve, you have to move about in the interior of the forest, where you might not get water for your drinking purposes from a well. I shall now let you know what precautions you are to take under such circumstances before you can drink water from other sources. In the absence of a well you will be the best judge to decide at the spot as to which will be the next best source of your water supply. Suppose you decide to use the tank water for your drinking purposes. You are then to go through the following process of purifying your tank water before you can safely drink it. Similarly you have to do all these with water from any other source than a reliable well.

The process is : (*a*) Get your water and filter it through a clean piece of cloth folded twice or thrice so that the water may just pass through.

(*b*) Put in the vessel containing the water just filtered a few crystals of Alum say about 4 grs. of Alum in a gallon of water. After some five minutes or so put in a little quick-lime too.

(*c*) Cover the vessel and let it remain as it is for about 20 minutes.

(*d*) Then filter the water again in some other clean vessel. This you have to do very carefully and slowly by gently lifting the alum containing vessel, so that the impurities settled at the bottom do not mix up with the water again.

(*e*) Now, you boil this water for about 20 minutes and let it cool.

(*f*) Put in a few crystals of Potassium Permanganate and wait for some five minutes, before you can safely drink this water. In place of Potassium Permanganate you can also put in a few drops of Chlorine.

5. Unless you take all these precautions, it is just possible that you may get one of the diseases caused by an impure water. You may imagine yourself, what your fate will be if you fall ill in the midst of the jungle where there will be none to help you. I am sure, for a little trouble you won't like to risk your life.

I am glad your Department spends a lot over things like Alum and Potassium Permanganate which are supplied free to you and it is now for you to use them as best as you can.

So much about water.

(To be continued.)

Reference :—

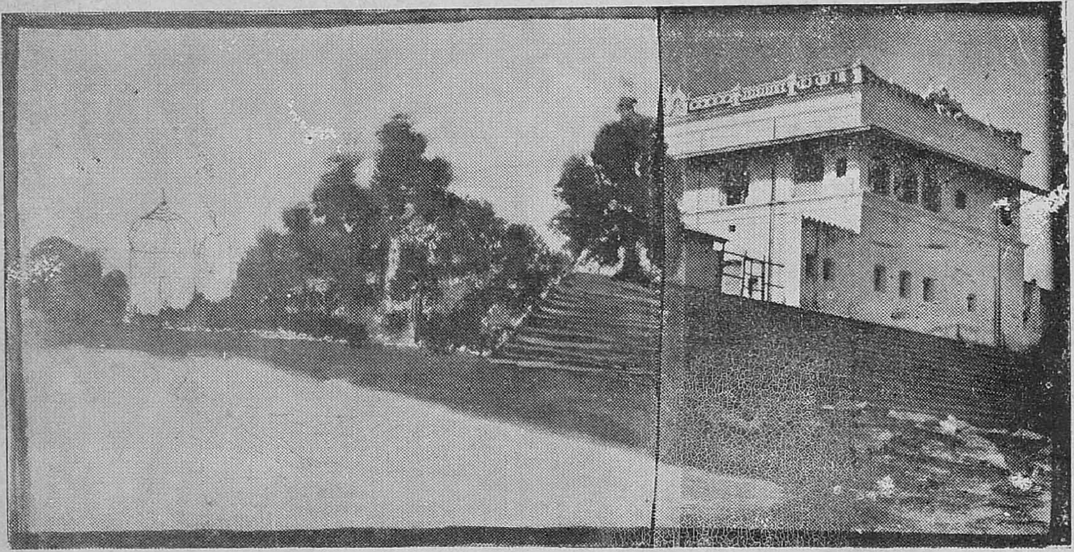
A Treatise on Hygiene and Public Health by B. N. Ghosh.

Early Hindu Idea of the Solar Rays

By K. N. Chatterjee, M.B., (CAL.),
Chinsura, P. O.

We hear much, now-a-days, of the Ultra-violet and Infra-red rays of the sun, produced artificially by electricity, which proves that the sun has got these specialised rays, existing within the ordinary rays, having great healing and germicidal properties. It has been scientifically proved that the sun's rays have got the power of destroying germs in infected articles when these are exposed to the sun for a few hours. This germ killing power is attributed to the special active rays of the sun, called the Ultra-violet rays, which have also the power of healing many diseases of the skin and other ailments. The sun also has got life-giving properties in its rays, for without them no life can thrive, either plants or animals. It is well known how the young plants lose their colouring matter and vitality, when they do not get proper sunshine.

It will be interesting to note, that the ancient Hindus (Arya Rishis) conceived of this knowledge, that the Sun had great health-giving properties by means of some special rays in him. This has been given expression to in the many verses and mantras enchanted by them, in eulogising the Sun, for instance, in the famous Gayatri mantram in the Rig Vedas, it is sung as *Tat, Sabitooh, Varenyam vargya*, which means the most sublime and superior rays of the sun. It may be inferred from this, the Arya Rishis believed or realised by *Tapas*, that there were certain specialised rays in the Sun which were more potent than others and were more active than the rest. The ancients also knew that the Sun's rays had got healing and purifying properties, which is evident from the mantram, uttering obeisance to the great planet as, *Om ! Namo, Vibasvatey Bramhan vasvate, Bishnu Tejasay, Jagat Sabitrey, Shuchaye, Karma*



Sonepur Palace on the Mahanadi
This Palace is so constructed as to make the ultra-violet rays directly fall on it.

dayeeney. It is clearly stated in this verse, that the Sun purifies the whole world. and infuses life in all objects. What is proved by science to-day, was realised by the ancient sages in the early days of human knowledge! Of course, the ancients invoked the blessings of the Sun for their mental and spiritual uplifts, as they thought less of their bodies, which used to keep much healthier than now, owing to climatic and other conditions.

SWIM FOR HEALTH AND BEAUTY

By Dr. S. K. Gupta, B.D. Sc., B.O., (Pb.),

Laboratory Clinic, Railwa yRoad, Pasrur.

SWIMMING makes weak persons strong and strong persons supple and relaxed. It makes fat persons thin, and thin persons robust. It helps to give warped bodies correct posture. In short, swimming, by exercising all the muscles, gives the body that balance that makes for physical perfection.

Swimming is one of the very few sports in which boys and girls, men and women can participate without fear or apprehension of injuring their health. Swimming is a great body builder and a wonderful sport.

In swimming, one part of the body is not developed at the expense of another. Every major group of muscles is put into play, and it promotes deep breathing and steady nerves.

It is one of those sports that can be enjoyed by persons of all ages, and it differs from other sports in that no team play or bodily contact with others is necessary. The individual can enjoy swimming by himself.

Siddu Sarvedeva of Sangli State. Though lame in legs (both) has successfully won 1st prize in the Swimming competition Race at Sangli.

All the swimming enthusiast needs is water in which to swim, and there is a pool or other place to swim within the reach of almost everyone.

Swimming, besides being muscle building, also has the effect of a body massage. That is why, after swimming a few laps of a pool, the swimmer comes out soothed from head to foot, with every muscle exercised and relaxed. Since swimming exercises all the muscles simultaneously, it tends to bring the body health, beauty and correct posture.

Persons with weak lungs and puny chests will probably be adding years to their lives by learning how to swim, and there is nothing that sets off a man's or women's physique better than a full, well-rounded chest.

For those who do not know to swim any stroke, the best advice I can give is to look up a competent swimming instructor. Swimming can be self-taught, however, or it can be learned from anyone in whom the pupil has confidence. For self-teaching or teaching by someone else, follow the instructions of swimming, and if fear of the water is overcome, success is inevitable. Water-wings are handy for beginners. The best place to learn to swim is in shallow water anywhere except where there is surf.

As a parting thought it is well to remember that every day, somewhere, good swimmers are saving their own and other persons' lives from drowning.

Swimming is a great sport and it brings health and beauty to humanity.

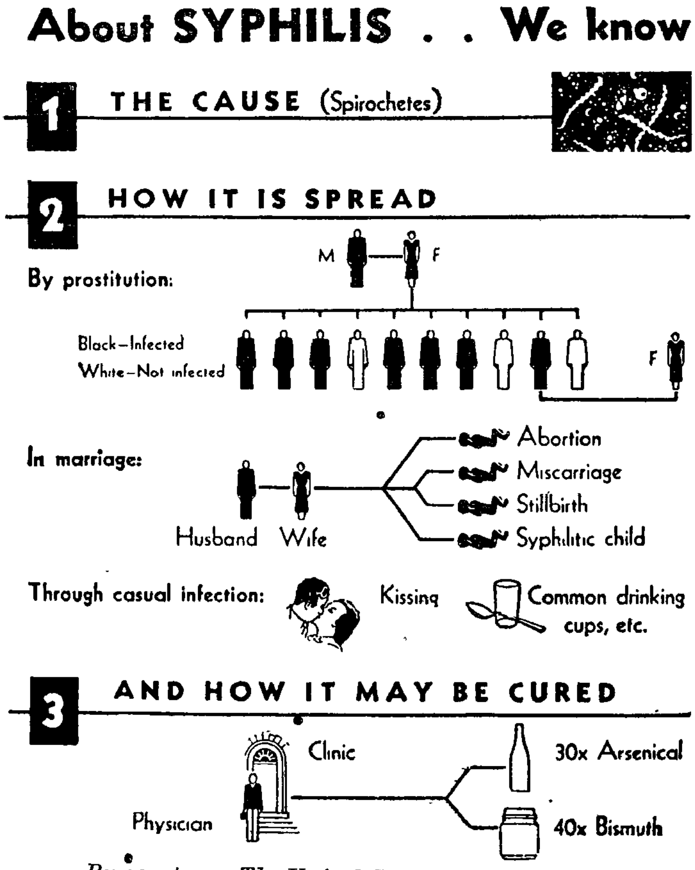
SYPHILIS—Its Spread and Cure

By
Dr. V. Krishna Row,
Medical Officer,
Presidency College, Madras.

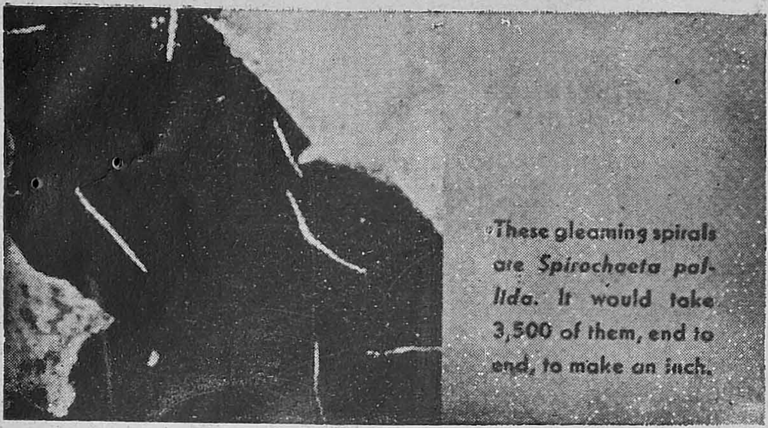
SYPHILIS is a highly contagious, dangerous disease, caused by a germ called *spirochoete.* Syphilis is spread from one person to another, usually during sexual intercourse; but it may be caught in rare cases by kissing, using infected drinking cups, towels, and similar personal articles. Gonorrhœa and syphilis are not the same thing. Each is caused by a different germ. One person may have both the diseases at the same time.

Syphilis is a great killer ; it causes death,heart-diseases, still-birth, insanity,and blindness. But these serious results can be prevented by prompt,continuous and competent treatment. Syphilis develops in *4 stages.* In the 1st stage, a sore appears. It is called 'chancre' and pronounced 'shanker' This sore appears at the point where the germ enters the skin 10 days to 3 weeks later.The sore may be a simple blister, a large open single or multiple ulcer. On men, the sores are found almost on the penis. In women, the sores are found about the opening of the vagina, or on the mouth of the womb. Sores may occur on any part of the body lips, fingers, tongue, legs, or wherever the germ has touched. Since a syphilitic sore contains the spirochœte germ, scrapings are made and the doctor looks for the germ under a dark-field microscope. The blood-test won't find syphilis in this first stage. Nearly every case of syphilis can be cured if treatment is begun in the 1st stage. Medicine put on the sore may make the sore disappear *but it will not cure.*

The 2nd stage begins 3 to 6 weeks after the sore appears. A rash appears over the body. This does not itch and contains no pus. Small white sores



—By courtesy : The United States Public Health Service.



—By courtesy : The United States Public Health Service.

blindness, and other conditions. So well does syphilis '*mimic*' other diseases that even a doctor may sometimes fail to suspect that disability or death was caused by syphilis. Even at this last stage prompt treatment will stop these conditions although it may not entirely

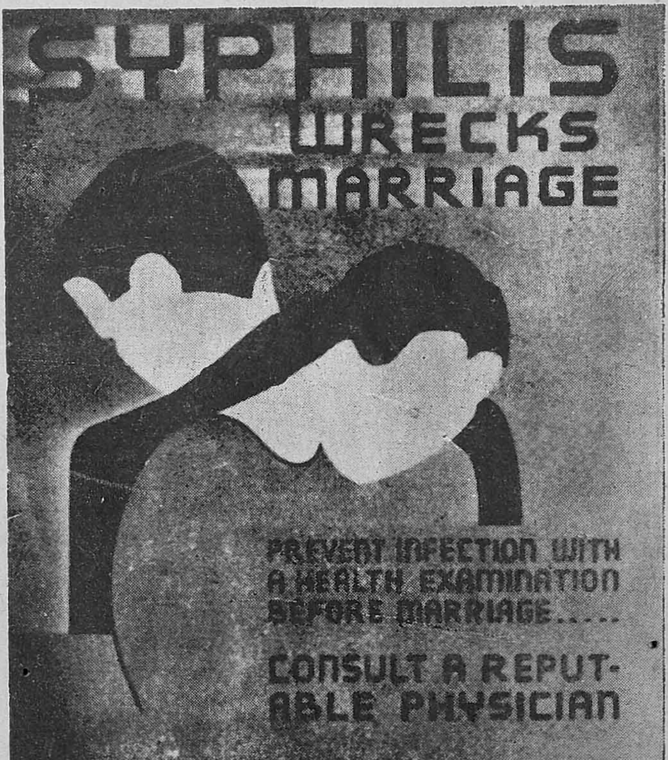
appear in the mouth, inside the cheeks, tongue, gums, and tonsils. Small flat warts appear on the sex organs. There is loss of hair. There may be sore-throat and fever. The blood-test will always find syphilis in this stage. Treatment causes both chancre and rash to disappear within a few days. If the patient does not stick to treatment, the disease will relapse.

The 3rd stage has no signs on the outside. Many persons have syphilis but do not know it. This hidden stage comes to those who have not been treated or those who have *not* had enough treatment. The germ infects the brains, spinal cord, liver, spleen, heart, blood vessels, and other parts of the body.

5 years, 10 years, or even 20 years later, syphilis reappears as heart disease, insanity, loss of power to control the legs,

cure. Prompt treatment may prevent death or crippling.

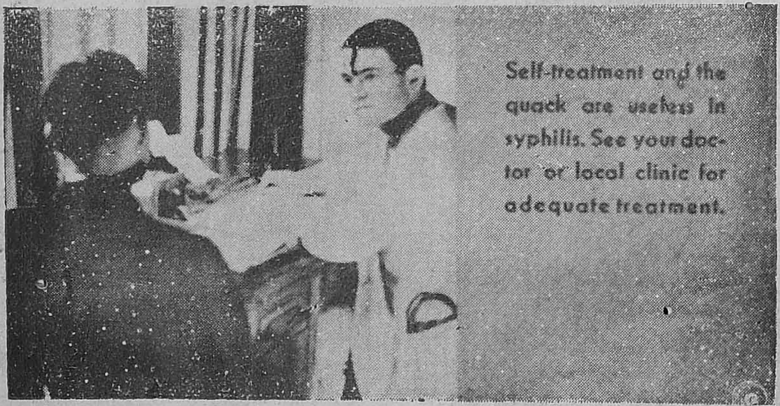
Syphilis during the 1st and 2nd stages is very contagious. The patient must take extreme care not to infect other people. Don't have sexual intercourse. Your partner is almost to



—By courtesy : The United States Public Health Service.

catch syphilis. Don't kiss. The mouth sores are dangerous. Don't use towels that other people will use. Don't use the same drinking glass that other people will use. Wash with soap and water after touching the sex organs. Syphilis can be passed from the mother to the child. It causes abortions, miscarriage, dead babies, or living syphilitic children. Women usually do not know when they have a chancre because of the arrangement of the sex organs. Every pregnant woman must insist upon a blood-test early in pregnancy. It is protection for her baby. Treatment must begin from the 5th month of pregnancy, in infected cases. Nearly every case of syphilis can be cured, if treatment is begun during the first 6 months of the disease. But treatment will prevent the disease from getting worse. Syphilis more than 4 years old requires different treatment for each case. Your doctor will prescribe the treatment. Don't go to the quack or to the drug store for treatment. The quack wants your money. He does not care whether you are cured or not. He does not even know how to cure you. Now you know that syphilis is caused by spirochœte, that it is spread by prostitution, by marriages, and through casualinfection, like kissing, common drinking etc., that it can be cured by prompt treatment with Arsenical and Bismuth injections.

--By courtesy: The United States Public Health Service.



—By courtesy : The United States Public Health Service

CLOTHING OF CHILDREN

BY G. N. AIYANGAR, A.R., SAN. I. (LOND.),

Sanitary Inspector, Vizianagaram.

CHILDREN require different sorts of clothing at different ages, and in diverse climates. Infants in western countries, or in places which are always cold require warm clothing. But in India such warm clothing is not necessary. Excepting for a few months of cold and rainy reason, infants here require light, loose and cool clothing.

The body of an infant does not produce the required heat for it and hence it should be clothed with garments which are bad conductors of heat. Wool and flannel answer the purpose well. Loss of heat from the body will make a baby suffer from throat, lung and stomach troubles. In hot climates, cotton clothing should be worn. When it is rainy or too cold a day, flannel or woollen clothes are the best ones. The child is easily susceptible to cold.

For the body, the infant should have a woollen or a silk long sleeved vest. When woollen vests are worn some shirt of light material should be worn below as wool has the disadvantage of causing irritation to the skin.

Diapers, which are soft, dry and can be easily washed, will suit the baby. Only saftey pins should be used in pinning them as any other pin would prick it. Napkins with tape sewn to their ends will be of much use as diapers. The diapers should be tied loose else they interfere with the free movements of the legs of the infant. They have to be constantly changed and more so when soiled lest they cause troubles of the bladder. Spread of summer diarrhœa from infant to infant is not uncommon where such diapers are not handled and changed properly.

Loose petticoats should be worn. Long clothes should never be preferred to short ones. The latter have many advantages over the former since they cost less and allow more freedom of movements to the baby. Further they will not be heavy, making the child irksome.

During the first week alone a binder round the abdomen of the infant is necessary, to keep the cord dressing in place. There would be no need for the binder after the cord has fallen. If applied, even after that, loosely, it comes up to the chest and prevents ordinary movements of respiration, and if applied tight,prevents the normal process of digestion by compressing the abdomen.

The garments worn by even elder children should be loose as they interfere with the free movement of the parts of the body.

A child should never be clothed with too many heavy garments. Using of the same clothes for day and night is bad since the clothes which have been worn absorb all the perspiration and moisture from the body. So, they should be aired and got rid of the moisture during night time before they are used once again. A pair of shirts as the bare minimum can be used with advantage by washing and drying one, while the other is being put to use. Socks and shoes of a child should also be very light and loose. An infant can be compared to a tender creeper which can be made to creep according to the shapes of the bowers we put up. So also, the clothing of a child should be so carefully chosen as to make it grow normally instead of making it stunted or deformed by giving too heavy clothing.

PILLS OF COMFORT

Compounded by **M. Arunachalam**

ARE YOU DEPRESSED ? FEELING DOWN ?
UNABLE TO BEAR YOUR BATTLE IN LIFE ?

DO NOT DESPAIR !

Here is a priceless old-time prescription devised for the cure of those suffering from low spirits :—

> " *Take an ounce of the seeds of Resolution properly mixed with the oil of good Conscience ; infuse into it a large spoonful of the salts of Patience ; distil very carefully a composing plant called Others' Woes, which you will find in every part of the garden of Life growing under the broad leaves of Disguise ; add a small quantity and it will greatly assist the salts of Patience in their operation ; gather a handful of the blossoms of Hope, then sweeten them properly with the balm of Prudence, and if you can get any of the seeds of true Friendship, you will then have the most palatable medicine that can be administered. But you must be careful to get some of the seeds of True friendship, as there is a weed very much like it called Self-Interest, which will spoil the whole composition. Make the ingredients into pills, which you call PILLS OF COMFORT ; take one, night and morning, in a short time, a cure will be effected* ".

What is Fatigue?

FATIGUE has been called the universal occupational disease. It is common to every occupation including housekeeping, and it is even possible to be tired from loafing. It is quite natural to feel tired after a hard day's work but we should not feel too tired to take an interest in some kind of healthful recreation during the evening. A night's rest should leave a person feeling fit each morning. These are some of the principal causes of fatigue :—

(1) Overwork
(2) Worry and hurry
(3) Bad air
(4) Hunger.
(5) Insufficient rest and sleep.
(6) Eye-strain.
(7) Constipation.
(8) Onset of some infectious disease.
(9) Insufficient outdoor exercise.

If fatigue is not plainly due to lack of rest or other obvious causes it is advisable to see the doctor. Perhaps only a simple adjustment in living habits may be necessary but a medical examination may prevent a severe illness.—*Health and Happiness.*

Butter as Diet for Invalids

IN view of the value of butter as " the most digestible and generally nutritious fat in the modern dietary" (to quote the Final Report of the League of Nations' Mixed Committee on Nutrition', 1937), the continued increase in its consumption is of the greatest social importance. Butter has an 82 per cent content of milk-fat (the cream from no less than two and a half gallons of milk is required to make a pound of butter). Butter is also a natural source of the vitamins A and D, and in addition, retains a proportion of the calcium salts and phosphates found in milk.

Despite the rival claims made for " butter substitues" butter remains the most easily digested of all fats" (*vide* League of Nations' Report) ; its digestibility is 99.5 per cent., or even higher, and this, according to C.F. Langworth and A.D. Homes (U.S. Dept. of Agriculture, Bulletin 310) is due largely to the low melting point of butter, ranging between 86 and 96 degrees Fahrenheit. Its high digestibility makes butter a particularly valued food for invalids, nursing mothers and young children.—*London Hospital Gazette.*

Why Diabetes Increases

LUXURIOUS eating and luxurious ease are blamed for the increase in diabetes by Dr. J. N. Baker, State Health Officer of Alabama. In that State the mortality from this disease has climbed forty-three per cent in ten years. The total in 1927 was 210; in 1930, 233; in 1935, 258, and in 1937 about 300. The official declared: "Diabetes is often a product of over-indulgence in certain foods and lack of exercise. In this day of rapid, easy transportation by automobile, one

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usually has to take exercise deliberately. Very few persons get it incidentally in going to and returning from work.

" At the same time people eat large quantities of sweets, which tend to add weight. It is estimated that one-fifth of all persons living in The United States are overweight. If these approximately 26,000,000 Americans could be properly brought back to normal weight by exercise and avoidance of over-indulgence in fat-building foods, the number of cases of diabetes might be reduced as much as fifty per cent; such a reduction would result in the saving of about 150 lives in Alabama every year."—S.—*Good Health (U. S. A.)*

Vitamin B may play part in Body's Fat Production

A NEW role for vitamin B, helping the body gain weight by building up fat, is suggested by experiments reported by Drs. Dorothy V. Whipple and Charles F. Church, of the University of Pennsylvania School of Medicine, at the meeting of the American Society of Biological Chemists.

Animals given diets that contained no fat but plenty of vitamin B were able to gain more weight than their mates on the same fat-free diet but, without the vitamin. Comparing the average body composition of the animals, the Philadelphia investigators found that fat accounted for half the gain in weight made by the animals on the vitamin diet. Water accounted for the other half of the weight gain.

The figures, they reported, suggest the possibility that vitamin B plays a role in the building up of fat in the body.

Vitamin B is found in moderate amounts in most natural foods, but its chief sources are wholemeal cereals yeast, peas, beans, egg-yolk, nuts, liver, kidney and heart. Lack of this vitamin causes beriberi, a disease mostly found in the Orient, but which can occur anywhere if this vital food factor is omitted from the diet.

Consequently, fat persons cannot hope to lose weight by omitting vitamin B from their diet, even if the investigations reported to-day are confirmed and the vitamin is found actually to be important in weight-building. But, thin persons wanting to gain weight may in the future be advised to add liberal amounts of the vitamin to their diet.—*Science News Letter.*

Vitamin C Content in Milk

IT was found that the vitamin C content of fairly fresh cow's milk amounts to about 1.5 mgr%. Milk transported for a prolonged period contains no more than 0.6 mgr.% of vitamin C. The vitamin C content of milk retained in ice amounted to 1.8 mgr.%. Kitchen boiling does not affect the Vitamin C content of cow's milk. In the preparation of buttermilk ⅓ of the vitamin C content of cow's milk is lost. Vitamin C content of lactic acid milk and ⅔ milk is the proportion to that of boiled milk in the same dilution.

In different countries the vitamin C content of Cow's milk is fairly constant 1½ mgr.%. The vitamin C content of cow's milk is not dependent upon the feed as cow possesses the faculty of synthesizing vitamin C, whereas a

human being does not possess this faculty. This explains why the vitamin C content of mother's milk varies in different countries (4–7 mgr.%).

Mother's milk contains 2 to 3 times as much Vitamin C as does cow's milk. Cow's milk mixtures usually fed to infants contain ½—⅔ of the vitamin C of ordinary cow's milk. Therefore, mother's milk contains 4 to 6 times as much vitamin C as in prepared infant food generally used.

The Vitamin C content of unboiled cow's milk is 2.0 mgr.% in London, 2.0 mgr.% in Calcutta, 1.6 mgr.% in Batavia.

In the bottle feeding of infants there is a constant shortage of vitamin C in the nourishment so it is desirable to give them also orange juice (rich in ascorbic acid) from the very first month of life and there is nothing in the literature pointing to any harmful effect even if vitamin C is given in excessive quantities.

The recipe for orange juice milk is as follows:—First add to 800 c.c. of milk either 50 grammes of sugar or 15 grammes of flour (stirred in water or milk); cool, after which add *slowly* whilst *stirring* 100 c.c. of orange juice. After passing through a sieve add water to obtain 1 litre, and drop in 2–3 c.c. of codliver oil.—*Clinical Digest.*

Fouling of Footpaths by Dogs

Dr. J. E. Spence (M. O. H., Eccles) in his latest annual report makes a strong protest on the above subject. He writes: "The public conscience, so far as the cleanliness of streets is concerned, has made such progress since mediæval times that streets are no longer refuse dumps into which waste, offal and slops are thrown. The indignation of the citizens at large would be stirred beyond control should such acts be permitted in the twentieth century; yet many, who would make the biggest outcry against such filthy and insanitary practices are the worst offenders so far as another equally objectionable nuisance is concerned—namely the fouling of footpaths by dogs. They would be horrified if a parent allowed his child to deposit its excrement on the footpath and the correspondence columns of the daily papers would be filled immediately with indignant letters' appearing over the usual gamut of pseudonyms. These people, however, have no compunction when they go out after dark and walk quietly along footpath, followed by a dog, hoping that the animal will void its excrement, where it matters not, so long as it is not in their own garden or on the footpath in front of their own house.'. Dr. Spence urges that the fouling of footpaths, whether by human beings or animals, is offensive and objectionable from a public health point of view. "It is extremely unpleasant", he adds, "for those who make legitimate use of the footpaths, to find that they have inadvertently carried on their shoes into their home foul smelling excrement from the pavements".—*M. O.*

Health in Ancient and Modern Times Compared

Dr. J. K. Bowes, M.A.M.D., M.R.C.P. D.P.H.,M.O.H., Bedford, in an address delivered recently in connection with the National Campaign for Health and Physical Fitness, observed:—

In the early ages of the world, when health was either not cultivated at

all or cultivated for some object other than itself, though many individuals of the race were liable to sudden sickness or early death, yet the life of the race as a whole was vigorous and healthy, nor do such ages as those of Dante and of Chaucer, in spite of a high death-rate and the prevalence of epidemic disease, seem to have been ages of chronic ill-health but at the present time, with the sub-health of many individuals, with excessive concentration upon illness, with the survival of large numbers of the mentally and physically unfit, we seem in truth to live in an age of chronic invalids and chronic invalidism. What, then, are we to conclude? Perhaps that in the adventurous youth of individuals and races, health is naturally achieved without cultivation, though partly by a survival of the fittest, while in the senile decay of individuals and races, we must after all reconcile ourselves to private and public valetudinarianism, and must therefore accept public health legislation and health campaigns as part of the inevitable march of events.—*The Medical Officer.*

Education in the Open Air

Speaking last week at the opening of the Hayling Island Open Air School under the Tottenham Local Education Authority, Mr. Kenneth Lindsay, Parliamentary Secretary to the Board of Education, said that it was now just over 30 years since the movement towards the open air treatment of delicate children, which originated on the Continent, resulted in the establishment in this country of the first open air schools at Plumstead, Halifax, Bradford, Norwich and Sheffield. The number of these schools had been now increased from 7 in 1910 to 153 to-day with accommodation for something over 16,000 children. 33,500 children passed through these schools last year.

The open air school was not merely a school in the open air; it comprised a way of life and a system both of education and medical supervision, characterised by fresh air and sunlight a proper and sufficient diet, healthful and adequate rest, a hygienic way of life from regular bathing to participation in formal physical training, medical treatment, individual attention and special educational methods. More and more children in our complex modern civilisation were finding it difficult to get the proper amount of sleep for their age under restful conditions, and it was a healthy rule in open air schools that 1½ to 2 hours in the middle of the day shall be spent by the children in the horizontal position.

"The children attending open air schools" said Mr. Lindsay, "are very carefully selected, but we should be careful not to look upon the principles of open air education as applicable for that reason only to a special class of children who are suffering from anæmia, debility, or other conditions of sub-normal health. The ideals practised in the open air school should be spread among the whole of the school community, and in fact the movement towards the open air method of education has progressed enormously during the last 25 years. Its effect is nowhere to be more clearly seen than in the typical elementary school of the present day. The number of open air schools is still a comparatively limited one, but the debt

of the nation to them is not to be measured solely by the number of individuals who have benefited in health through a stay in them. Many thousands of schools throughout the country and their educational staffs have learned from them the supreme value of an open air education, not only for delicate children, but for children of all ages ".

Mr. Lindsay congratulated the Tottenham authority on their enterprise in providing the new premises, costing some £30,000, for the Hayling Island School, which accommodates 120 children, half of whom are sent by other authorities. It was clear that the authority had been determined to provide the most modern and completely equipped accommodation possible, and in the result the new premises were a show place for the country.—*The Medical Officer.*

Facts About Alcohol and You

When alcohol hits your stomach, it is not acted upon by gastric juice, but is quickly absorbed into the blood stream, where it makes a complete circuit of the organs of the body every thirty-seven seconds.

Within fifteen minutes after alcohol is drunk, it has a narcotizing effect upon the nerves. Alcohol has a special affinity for the cells of the nervous system.

When alcohol affects the nervous system, the sense of caution and responsibility is appreciably lessened.

One ounce of alcohol taken without food interferes with the mental functions of most persons.

One bottle of beer is sufficient to affect the ability of a pedestrian or an automobile driver to use the street safely.

Hearing, sight, taste and feeling are made less dependable soon after alcohol gets into one's blood stream.

Even a couple of glasses of beer narrow the eye span. This is particularly dangerous for the automobile driver, who should be alert at street intersections and crossroads.

Alcohol shortens the distance in vision. A glass or two of beer may reduce the distance as much as one third.

Alcohol seriously impairs the nerve reflexes and muscular co-ordination. That is why it takes the drinking driver much longer to get the brake on than it does one who has no alcoholic beverages.—*O. W.*

Use and Abuse of Sun-bathing in Tuberculosis

Hudson states that the Sun is a powerful means of treating certain disorders especially beneficial in cases of surgical localised tuberculosis and certain other chronic surgical conditions not necessarily tuberculous. Patients with pulmonary tuberculosis should never be allowed to take sunbaths, as they are dangerous. But, sun-bathing may be prescribed when tuberculosis approximates the surgical type, being quiescent and localised, and in chronic pleurisy. Indiscriminate sun-bathing can certainly light up an unsuspected latent pulmonary focus. Sun treatment consists in the gradual exposure of the body to the light, not the heat, of the sun and patients who are taking sunbath, should be surrounded by a proper circulation of free air. Sun treatment should always be supervised and con-

trolled by a medical practitioner. The aim of sun-bathing is not burning but pigmentation. When tuberculosis is of the scattered type, and especially if the patient shows a liability to fever, either periodical or continuous, or a tendency, on exertion to auto-inoculation, exposure to the sun should be strictly avoided, as it is likely to precipitate the spread of the condition. Sun-bathing may be tried as an additional stimulus when a patient whose progress is slow is being cured. —*Punjab Medical Journal.*

Music in Therapy

In operations with spinal and local anæsthesia, in which the patient is sensible of no pain but probably nervous and uneasy, music is being used ever more extensively to calm the mind and reduce muscular tension which might otherwise hamper the surgeon's work. It was not until about 20 years ago that something resembling a science commenced to evolve out of the study of a medical man, Dr. Van de Wall, of the exact effect of music on human beings.

The doctor who was also a musician, having played with the Metropolitan Opera and New York symphony orchestras, came to appreciate keenly and in a practical way how closely one's physical welfare is bound up with the mental state. At the same time he was impressed with the utter helplessness so many doctors experienced when it came to influencing people's moods. Some agent was required with which the medical profession could work and from his experience Dr. Van de Wall was convinced that music was potentially the most powerful of mood conditioners. —*The Conadian Doctor.*

Mastication

The need for well developed jaws :—A first requisite for perfect oral hygiene is the possession of well developed jaws, allowing the teeth to take up their proper positions in the alveoral ridges. A double advantage follows from this : without normal occlusion, *i. e.*, proper apposition of the upper and lower teeth, (i) normal mastication, which includes lateral movements of the lower grinding teeth against the upper, cannot take place, and the full benefit of normal mastication cannot be achieved, and (ii) the teeth being jammed too closely together, and perhaps irregularly arranged, it is difficult, if not impossible, to ensure their cleanliness. Contracted jaws are thus a potent predisposing cause of caries. Note also that good development of the jaws implies good development of the tooth sockets and firmly implanted teeth. When, through lack of adequate exercise, the jaws are feebly developed the alveolar walls are apt to be thin, and the extremities of the dental roots may actually protrude from them. Nor, as I think must we neglect the possibility that vigorous mastication may favour the development of the teeth not yet erupted, by stimulating the circulation in the buried dental pulps.

In order to secure normal development of the jaws, and good occlusion, the child should, if possible, be breast-fed. It is very important to secure the normal eruption and occlusion of the first teeth (the incisors) to come through, for on this depends the normal occlusion of the remaining deciduous teeth; and unless the deciduous teeth are placed normally the regular arrangement of their successors—the permanent teeth—cannot be assured. —*Medical World.*

Housing and Health

In his first annual report as medical officer of health for Northamptonshire, Dr. C.M. Smith points out that it is an axiom of preventive medicine that a decent house with reasonable amenities is essential for adequate physical development and health. He continues: "Of what avail is it for the medical officer at the maternity and child welfare centre to teach the essentials of baby-craft if the mother has to return to an insanitary dwelling? To what purpose does the school doctor or the teacher advance the cause of hygiene if the pupils live in condemned houses? To what end does the tuberculosis officer send his patients to sanatoria if he finds that they return to the insanitary conditions which were in part at least responsible for the disease? Is a national fitness campaign any other than lip service to a popular cause as far as concerns people still compelled to inhabit unfit dewellings?" Dr. Smith admits that all this has been said before time and time again: he thinks it is regrettable that it has still to be repeated anew.—*Medical Officer.*

Relations Between Fertility and Age of Women

The natural fertility of women is reduced by different factors. The most important are the primary or secondary diseases and anomalies of the genital apparatus and intentional contraception. The causes for the last are many, but the main one seems to be relatively unfavourable economic status of many couples in countries with a high civilisation. In order to determine the fertility of women during the different years of their life, Kolb investigated the patients in the obstetric and gynæcologcial clinics of the German University in Prague. The total number was 59,117. He found that *the limits of fertility* were the twelfth and forty-ninth years. Up to the sixteenth year the fertility is comparatively slight. During the following years a great increase is noticeable. Fertility is greatest during the twenty-third year. After that, the decrease is gradual. It is quite apparent after the thirtieth year, but it is especially noticeable after the fortieth year. The decrease after the thirtieth year is largely ascribable to intentional restriction of the number of children. The decrease after the fortieth year is chiefly due to a gradual decrease in the natural fertility, to the lessening of the libido and the resulting reduction in cohabitation and to various disorders, not only those of the genital sphere. By a comparison of equal number of births before and after the World War, a difference was noted in the fertility of the various age group; that is, there was a relative shifting of the fertility from the younger to the older age groups. Moreover, there was a greater limitation of the natural fertility in the different age groups during the after-war period. —*Munchener medizinische Wochenschrift Munich, April 8, 1938, p. 502.—Medical World.*

Health Tit-Bits

Sleep

Sleep, immortal Goddess of the Night,
Take me in your arms, and till the morning light
Hold me to your bosom. Whisper in my ear
The things called dreams. Make sorrows disappear

So I can live and laugh and play
Like a child again, in a new-born day.
Then, when dawn's shadows softly round me creep
Return me to my task again, kind benefactress sleep.

—By Florence L. Wilson—" *Hygeia*".

* * *

Beware the Swimming Pool

FOR lice leave infected heads just as rats forsake the sinking ship and, as the drowning man snatches at a straw, so will they snatch at you. This information comes from American sources but it appears to be quite true.—*Medical World.*

* * *

Civilisation—the Harbinger of Diseases

PEOPLES who live on natural food products by fishing, hunting, etc.,show the largest number of primitive physical characters, but at the same time the fewest evidence of disease and degenerative evolutionary features. Contact with civilization seems to be always bad. As soon as man shifts to an artificial and agricultural basis of subsistence, physical deterioration seems to set in. While the primitive man does not live as long as we do, he seems to be more free from disease. The biological status of man seems to decline as his culture accelerates. Medical science reduces suffering and prolongs life, but, unfortunately, preserves the malformed, the chronically diseased, and the biologically inferior.—" Apes, Men and Morons " by Earnest Albert Hooton, New York, —*National Health Review, Canada.*

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About Milk

MILK has been used by man as a a food for at least six thousand years. By many ancient peoples it was so highly prized it found a place in worship and art. The ancient Egyptians for example, depicted the heavens as a cow with a full udder. In the Bible milk is mentioned by name at least 50 times. It is the one article of diet whose sole function in nature is to serve as Food.—*National Health Review.*

Book Review

Sanskrit-Tamil Dictionary (Part I) —*By Brahmasre N. E. Venkatesa Sarma.*

This Sanskrit-Tamil Lexicon containing almost all the words with all their meanings will be very useful for the Tamilians for their reference. For every word, the author has given grammatical peculiarity. In this first part costing Rs. 2 he has completed the vowels in 520 pages of double crown 16mo size. We understand that the II part will be ready in June '39 in about 1,300 pages and that the pre-publication price is Rs. 5 to be paid within a month. The author deserves encouragement. For copies apply to Sriman N. E. Doraiswamy Iyengar, The Mambalam Sanskrit Book Depot, 47 Ellammen Koil street. West Mambalam, Thygarayanagar Post, near Madras. S. I. Ry.